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PLAYING THE ROYAL NAME GAME

metroLIFE

Developer denies he took graft

CRIME

Michael Ching on China's most-wanted list

Emily Jackson
Metro | Vancouver

A prominent Vancouver developer has strongly denied the "false and hurtful" allegations of graft and corruption that landed him on China's Top 100 list of fugitives wanted for corruption.

Michael Ching (Muyung Cheng), who has been a permanent resident of Canada since 1996, "had no involvement whatsoever in any graft or corruption," according to a statement by his lawyer David Lunny.

"He did not flee from anything and he has never been in hiding," Lunny wrote. "The accusations which are now made against him by the Chinese government … emanated only after a change in the leadership of the Chinese political regime."

The South China Morning Post reported last week that Cheng's name was included on the most-wanted list issued by the Chinese government on April 23.

The charges appear to have prevented Ching from obtaining Canadian citizenship, according to federal court documents obtained by journalist Bob Mackin.

Ching, whose deceased father was the Chinese Communist Party secretary of Hebei province, has subsequently been denied refugee status, according to a ruling obtained by the CBC. He is scheduled to appeal that decision in June.

Runners approach the 28-km mark in the 2015 BMO Vancouver Marathon in Kitsilano on Sunday. It was a tight race between front runners Lioudmila Kortchaguina, left, and Hirut Guangul, centre. Kortchaguina won the women's marathon. EMILY JACKSON/METRO

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metro NEWS
Your essential daily news

Toronto duo's UV-blocking glasses protect beer from sun.

TAX

Transit campaign banner takes flight

Matt Kieltyka
Metro | Vancouver

Here's one way to cut through congestion: get a plane.

That's what "No" campaigner Jordan Bateman did on Sunday, after successfully crowdfunding an aerial advertisement to push his message over the region's skies.

Bateman, the B.C. director for the Canadian Taxpayers' Federation, said 64 supporters donated more than $1,800 to fly a "Vote No to TransLink Tax" banner around Metro Vancouver for several hours this Sunday, and next.

"It's a way to remind people to get those ballots in the mail," said Bateman. "The big message is don't waste any more time. If you're going to vote, vote now."

The regional plebiscite on transit funding is now in its final stretch and the deadline for voting is Friday, May 29.

Ballots must be received by Elections BC by 8 p.m. on that day, so mail-in votes must be shipped well in advance.

Alternatively, there are nine plebiscite service offices set up in shopping malls throughout the region where people are able to register to vote and hand in their ballots in person.

Voters are being asked to decide the fate of a proposed 0.5 per cent Congestion Improvement sale tax, to pay the region's share of a 10-year, $7.5-billion transit plan pitched by local mayors.

The plan is backed by most of the region's mayors, municipal governments and a wide coalition of business, environment, student and labour groups who say the extra tax is crucial to funding infrastructure and to keep transit service in line with a growing population.

Opposition has been led by the Canadian Taxpayers' Federation, members of the Canadian Federation for Independent Business, and some local chambers of commerce who claim TransLink should not be given more tax dollars.

Both sides in recent weeks have made a strong push to get supporters to vote.

As of last Wednesday, Elections BC reports it has received over 537,000 ballot packages, representing just 34 per cent of registered voters, since the voting period began on March 16.

A plane towing a "Vote No To TransLink Tax" banner flies over Pitt Meadows regional airport on Sunday.
JORDAN BATEMAN/CONTRIBUTED

CANTF-1 TRAINING EXERCISE Vancouver firefighter Jeff Snider, a member of Vancouver's Heavy Urban Search and Rescue team CANTF-1, prepares to rappel with his search and rescue dog Jessie during a training exercise at the City Hall east annex building on Saturday. A demonstration of search and rescue scenarios and shoring techniques for a compromised structure was also held ahead of emergency preparedness week. DARRYL DYCK /CANADIAN PRESS

Mayor going to Paris

GREENEST CITY

Robertson to speak on local initiatives

Emily Jackson
Metro | Vancouver

Vancouver's lofty goal to switch to 100 per cent renewable energy netted the mayor an invite to speak to the French Parliament this week.

Mayor Gregor Robertson will talk about Vancouver's greenest city goals at the National Assembly of France led by Claude Bartolone in Paris on Tuesday.

He'll specifically address how Vancouver has decreased its greenhouse-gas emissions despite a growing economy and population, according to an email from the mayor's office.

Greenhouse-gas emissions in the city dropped by six per cent from 2007 levels as of 2014, but the city has a long slog to achieve its ultimate goal of reducing them by 33 per cent from 2007 levels by 2020.

Paris Mayor Anne Hidalgo will join Robertson and speak about France's shift to clean energy.

Robertson is travelling to Paris on the National Assembly's dime, although the City of Vancouver is paying for one staff member to accompany him, according to the mayor's office.

During his trip, he will meet with French environmental non-government organizations and businesses in energy efficiency, wind and solar power and building retrofits. He will also speak about the greenest-city goals at the Institute of Political Studies.

The greenest-city goals include increasing the number of "green" jobs (anything from working at a locally sourced restaurant to a construction worker at a LEED-certified building), diverting waste from landfill and boosting the number of trips taken by foot, bicycle or transit instead of car.

The goals are one of the pillars of the mayor's party Vision Vancouver, which holds a majority on council. The Green Party has criticized the goals as window dressing to win awards.

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Top court rules in favour of man wrongly convicted of sex crimes

COURT

Ivan Henry, who spent 27 years in prison, is suing Crown

Neal Hall
For Metro | Vancouver

A Vancouver man suing for compensation for 27 years in prison for a series of sex assaults he didn't commit has won a key battle in the Supreme Court of Canada.

The nation's top court ruled Friday in favour of Ivan Henry, granting his application to amend his pleadings to include a claim for Charter damages against the attorney general of B.C. for failing to disclose key information at trial in 1983.

"It is sufficient for Mr. Henry to allege that the Crown breached its constitutional obligation to disclose relevant information and that Charter damages would be an appropriate and just remedy, serving one or more of the functions of compensation, vindication and deterrence," said the Supreme Court of Canada ruling.

"Mr. Henry need not allege that the Crown breached its constitutional obligation intentionally, or with malice, in order to access Charter damages," the court found.

"His pleadings allege that significant non-disclosure resulted in wrongful convictions and 27 years of incarceration. There can be little doubt that, if these allegations are proven, damages would be 'appropriate and just' under Section 24.1 of the Charter."

Henry was convicted on March 15, 1983 of 10 sexual assaults involving eight women. He was declared a dangerous offender and sentenced to an indefinite period in prison.

DENIAL

Henry maintained he was wrongly convicted for three decades.

Henry's trial to determine if he should receive damages for the 27 years he spent in prison before being acquitted of the crimes in 2010 will be heard beginning Aug. 31.

The civil trial is set for 100 days and could result in the largest compensation award in Canadian history for a wrongful conviction.

David Milgaard spent 23 years in prison for a murder he did not commit. He was cleared by DNA evidence and was awarded $10 million.

In 2011, a Quebec man in his 70s, Réjean Hinse, was awarded $13.1 million for being wrongly convicted of a 1961 armed robbery. He was sentenced to 15 years in prison in 1964.

A photo of a police line-up in 1982 showing Ivan Henry put in a headlock so victims could identify him. CONTRIBUTED

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MARIJUANA

Rules for buying pot hazy

Don Briere stands behind the counter at Weeds Glass and Gifts in downtown Vancouver, surrounded by shelves of multi-coloured pipes and clear boxes overflowing with fragrant B.C. bud.

The affable 63-year-old owns 10 stores, making him the owner of the city's largest marijuana business chain, even though selling pot over the counter remains illegal in Canada.

When asked how a customer would buy cannabis, Briere says all one needs is photo ID and proof of a medical condition that might be alleviated by pot — for example, a prescription for pain medication or a bottle of antidepressants.

"We're making it easy for people to get a hold of a real medication that is natural and safe for you," he says, proudly.

While Briere insists a person needs a prescription to get marijuana, the same is not true at all dispensaries. Some will set customers up with a naturopath via Skype to make a diagnosis. Others insist on a note from a doctor. There are concerns that some don't ask for any proof at all.

The haphazard requirements are unlikely to change, since the regulations the City of Vancouver is proposing won't apply. So the question of who can buy pot from the stores appears to remain: it depends where you go.

"The city has no jurisdiction on regulating the selling of products — all we can do is regulate land use," explains Tobin Postma, a city spokesman.

The city hopes to create a new business licence category, charge a $30,000 fee, ban pot shops from certain areas and require them to be 300 metres away from schools, community centres and each other.

THE CANADIAN PRESS

Councillor taking heat for 'sausage casing' comment

WHITE ROCK

Pregnant-belly remarks said to be 'taken out of context'

Thandi Fletcher
Metro | Vancouver

A White Rock councillor has come under fire for recent comments he made in an online radio show saying pregnant women's bellies in tight clothes resemble "sausage casing."

David Chesney, who is also editor and publisher of online newspaper the White Rock Sun, was a guest on broadcaster Jim Goddard's online podcast, The Goddard Report, in early April.

The two were talking about pregnant Global BC meteorologist Kristi Gordon, who has received hate mail for her maternity clothing choices and on-screen appearance. Chesney launched into a rant about how some pregnant women dress.

"I run into women all the time in the local grocery store, and they can't get on any more skintight — it looks like sausage casing," he said. "Their belly button is actually pushing through the material. And I kind of look at that and I go, 'I get it. You're pregnant, all right.' Now why, why, why such a desire to push that out in front of everyone?"

Chesney went on to say that he isn't advocating that pregnant women wear "tents" but said there is more appropriate maternity wear, referring to his mother's generation.

"The fact is, the styling was much, much different through the '50s, '60s, '70s — even in the '80s, women wore a little bit more loose-fitting clothes. But as I say, nowadays, how they can yank on those Lululemon sweatpants and body-dance skins and go out in public at eight months pregnant... I don't find it repulsive. I just really have to question, why that? Why do you want to walk around like that?"

White Rock councillor David Chesney was critical of tight maternity wear. COLOURBOX.COM

> **He probably thinks that way about women in general, probably anyone that wears tight clothing... It's a generational thing.**
> Global BC meteorologist Kristi Gordon

Chesney said he knows the topic is a "touchy point" and that his opinion may spark criticism ("I can hear some people screaming at me right now") but felt he is entitled to voice his thoughts anyway.

"I think when you become a public figure, as Kristi Gordon chose to do, there are maybe not a completely different set of rules, but … you're put to a higher standard," he said.

A request for comment from Chesney was not immediately returned. However, he did post an apology on his online newspaper Friday saying his comments were taken out of context.

"I apologize to any women that may have been offended by comments that were taken out of context," he wrote.

On Friday, Global BC's Gordon also responded to Chesney's comments, which she said she first heard about three weeks ago.

While many may find his comments to be shocking, Gordon said it didn't bother her much as she's heard similar comments from people in his generation.

"I think he probably thinks that way about women in general, probably anyone that wears tight clothing, not necessarily just pregnant women," she said. "I think it's a generational thing."

Still, she urged Chesney and society as a whole to be kinder to pregnant women. While having children is a blessing, Gordon, who is expecting her second child, said women face an immense amount of pressure trying to balance career and family.

"It starts in pregnancy," she said. "The first trimester, you're so tired … and then your body is changing beyond what you think it is going to change."

Many women also can't afford to purchase an entirely new wardrobe full of maternity clothing, she said.

"You're only going to be using it for six months maximum," she said.

"I'm down to one pair of pants, other than tights, so a lot of women do make do with their Lulu pants or tights because it's all they have."

Admitting she is "a bit exhausted" that her appearance and the hate mail she is receiving continues to make news headlines, Gordon said she appreciates that it has opened up a dialogue about the issues pregnant women face.

Gordon said she was pleased to see a recent tweet from a viewer who described her baby as "an activist before he's even born."

"I liked that," she said. "I'm certainly glad to be a catalyst for change where we become more accepting. I'm happy to be that person."

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Firm seeks deal on LNG project

FIRST NATIONS

Package worth $1.15B offered to B.C. community

A $1.15-billion benefits package is being offered to a First Nation on British Columbia's northwest coast in a bid to win support for a proposed liquefied-natural-gas terminal and pipeline.

Details of the offer to the Lax Kw'alaams from the provincial government and project owners, including Malaysia's Petronas, were published on the band's website.

"Our government has been very clear that for too long First Nations have been excluded from economic development and that needs to change," said the Ministry of Aboriginal Relations and Reconciliation in an email on Friday.

An information bulletin published on the Lax Kw'alaams' website notes the proposal includes $27.8 million for signing and preliminary agreements, construction and startup projects.

Annual payments would start at nearly $13 million and end with $50.5 million in year 40, for a total of just over $1 billion.

The band would receive 2,200 hectares of land, worth about $108 million, in the Prince Rupert harbour area, as well as "additional lands of interest."

Targeted funds of nearly $29 million would cover road paving, compensation for fisheries, scholarships and training programs.

The deal also promises vacant jobs in the "commercial operations phase" to every Tsimshian person who has completed a training program, meets "ordinary job requirements," and is "otherwise qualified for the job."

Band leaders will ask members to support the projects during upcoming votes in Lax Kw'alaams, Prince Rupert and Vancouver.

"The province is working with more than 40 First Nations to discuss benefits, concerns and the engagement process on proposed natural-gas pipelines and LNG-related infrastructure within their traditional territory," said the Ministry of Aboriginal Relations and Reconciliation. Pacific North-West LNG, a majority of which is owned by Petronas, plans to build an export terminal on Lelu Island, near Prince Rupert.

"If the project is constructed, Lelu Island will be effectively off bounds to Lax Kw'alaams' members as the island will be largely cleared," states a community backgrounder. THE CANADIAN PRESS

ENVIRONMENT

Community concerned over project's impact

Should the project continue, First Nations will not be able to harvest traditional plants for medicines. The document also notes the 120-km pipeline will affect fishing grounds, where the area could become contaminated. THE CANADIAN PRESS

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ALBERTA

Feds to seek stay of bail for Omar Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not respond to requests for comment.

> **The Harper government is not interested in the rule of law.**
> Dennis Edney, lawyer for Omar Khadr

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out. THE CANADIAN PRESS

OCT. 19

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West–Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West–Nepean vacant with his resignation from Parliament in March.

Peterborough is vacant because former Conservative MP Dean Del Mastro was found guilty last fall of violating the Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively.

A spokesperson for Elections Canada was not available Sunday. THE CANADIAN PRESS

Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson said the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. THE CANADIAN PRESS

Fatigue likely factor in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Canadian special-forces trainers will likely be advised to stay away from the front in northern Iraq after major Kurdish operations, as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait, which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq. The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS

TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation for halting ISIL in its tracks.

IN BRIEF

Three shot near contest for Muhammad cartoon

Two armed men who opened fire on a security officer outside of a provocative contest for cartoon depictions of the Prophet Muhammad have been killed, authorities in the Dallas suburb of Garland said Sunday night.

The City of Garland said in a statement posted on its Facebook page Sunday night that two men drove up to the Curtis Culwell Center and began shooting at a security officer.

Garland Police Department officers engaged the gunmen, who were both shot and killed, the statement said.

The statement did not say whether the shooting was related to the event. The security officer's injuries were not life-threatening, the city said.

THE ASSOCIATED PRESS

EARTHQUAKE

Nepalese authorities close main airport

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake, but UN officials said the overall logistics situation was improving.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a popular trekking route, said government administrator Gautam Rimal. Nepal's Tourist Police reported that a total of 57 foreigners have been killed in the April 25 quake, and 109 are still missing, including 12 Russians and nine Americans.

The main runway was temporarily closed to big planes because of damage. It was built to handle only medium-size jetliners, but not the large military and cargo planes that have been flying in aid supplies, food, medicines, and rescue and humanitarian workers, said Birendra Shrestha, the manager of Tribhuwan International Airport, located on the outskirts of Kathmandu.

THE ASSOCIATED PRESS

OTTAWA

An Ottawa woman who was trekking with friends in Nepal when the magnitude-7.8 earthquake struck last Saturday has returned home safely. Faye Kennedy, 32, was travelling through Langtang National Park, to the north of the Kathmandu Valley, and was not heard from by her family for days after the quake.

Boko Haram stones girls ahead of rescue

NIGERIA

Military says it freed 700 captives in the past week

A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday. THE ASSOCIATED PRESS

Boko Haram fighters stoned some of their captives to death as Nigeria's military approached to rescue the women, survivors told The Associated Press on Sunday.

Several women died when they were crushed mistakenly by a Nigerian military armoured car, and three were blown up by a land mine as they were walking to freedom.

These tragic stories come from girls and women brought to a refugee camp here, still finding it hard to believe they are safe, some after more than a year in the hands of Nigeria's homegrown Islamic extremists.

Lami Musa, 27, and her five-day-old baby girl, are among 275 children, girls and women who were getting medical care and being registered Sunday on their first day out of out of Nigeria's war zone.

Musa was in the first group to be transported by road over three days to the safety of Malkohi refugee camp, a dust-blown deserted school set among baobab trees on the outskirts of Yola, the capital of northeastern Adamawa state. THE ASSOCIATED PRESS

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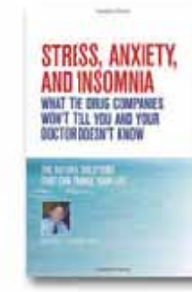

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REGULATIONS

Quebec looking at taxes

At least one Canadian province has begun mulling the idea of regulating an industry that has up until now been something of a Wild West. The lack of regulations governing the evolving shared rental economy has landed on Quebec's political radar.

Earlier this week, Tourism Minister Dominique Vien said the province wants to make people pay taxes if they rent out their homes or rooms for profit, and subject them to the same regulations as registered hoteliers.

Some industry-watchers believe the time is right to start drafting guidelines for a business model that, despite the odd bout of bad press, shows no signs of flagging.

THE CANADIAN PRESS

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Homeowners warned of Airbnb renting perils

INSURANCE

Many policies do not cover homes rented to strangers

Insurance companies are warning homeowners looking at renting out their premises through Airbnb that regular home insurance policies may not provide coverage. GETTY IMAGES

Airbnb may seem like a fast route to a quick buck for Canadians who own properties in popular travel destinations, but renting out a home to strangers can be perilous.

A Calgary family learned that lesson the hard way last weekend, when their home was trashed amid a "drug-induced orgy" by hard-partying renters and deemed unlikely to be habitable for months due to biohazard concerns. Property damage was assessed at around $75,000.

While the U.S.-based company is covering the costs, insurance companies are urging those pondering the Airbnb route for this summer to slow down and get informed.

A reality check is particularly important because the vast majority of property insurance policies don't bank on people handing over the keys to their homes to complete strangers, Steve Kee of the Insurance Bureau of Canada said in a telephone interview.

"You really need to check with your insurance representative to find out what you're covered for and what some of the risks may be," he said. "Each company may have slightly different ways that they would apply this."

The occupants of a home, Kee added, have to level with their insurance companies about their plans.

There are usually specific coverage options for properties that are known to be available for rent, he said. The policies typically protecting a person's primary residence, however, are based on a vastly different set of assumptions.

"If you have a home policy, you are covered for the fact that you are living there, and from time to time friends and family may come and stay with you," Kee said, adding that coverage rules can cease to apply the moment the homeowner vacates the premises and leaves it in the hands of others.

Gabor Forgacs, associate professor with Ryerson University's School of Hospitality and Tourism, said companies like Airbnb are founded on a universally appealing principle — the desire to either make or save money. "I don't expect any major changes in the business model," Forgacs said. "As long as the economic reasons are there, these business models are sensible to a growing number of people."

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metro VIEWS
Your essential daily news
Monday, May 4, 2015

#MYMETRO

Neal Leithead, Winnipeg

Where are you going?
Heading to breakfast with friends.
What are you up to today?
It's my day off, so I'm probably going to go for a bike ride later and take a nap.
What is your commuting routine?
I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.
What place should someone new to the city visit?
In the summer I spend a lot of time at Assiniboine Park.
Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

Feeding families takes more than volunteers

CITY HOLLER
Trish Kelly

Last week, the Fraser Health Authority issued a warning that 1,100 food hampers distributed by a local food bank may have contained camphor moth balls packaged just like candies.

The Share Family and Community Services Food Bank meant well. The program provides hampers to 375 low-income families and homeless residents each week. On their website, the food bank lists items they'd like to include in their hampers, including rice, canned vegetables and fish. Nowhere does it say the food bank wants candy or poisonous mothballs.

You have to wonder who would head to the food bank with a big bag of individually wrapped mothballs?

Well-meaning people donate junk to food banks all the time. From large companies looking to reduce their waste-hauling fees to individuals cleaning out their cupboards for the office canned-food drive, food banks spend a lot of time and money sifting through crap someone thought would be fine for food bank recipients, though they wouldn't eat it themselves.

My family accessed food banks when I was a kid. At least one year, we were recipients of a Christmas hamper. Under the tree for me was an almost complete set of encyclopedias — just two letters were missing. I said an enthusiastic thank you because I saw my mom was already ashamed it was the best she could do. When you're that poor, dignity and choice are luxuries silenced by the mantra, "Well, it's better than nothing." Even if it isn't.

It would be great if all food-bank donors chose their donations by imagining what they would want to eat if they only got one really nutritious meal this week.

I wish people who want to end hunger would lobby to address the root of hunger.

On their website, Share Family and Community Services, like other food banks, makes a point of noting they receive no government funding. They do this to emphasize the urgency for donors, but it's actually a problem that government isn't involved. Access to healthy, safe food for everyone shouldn't be left up to volunteers with good intentions. It's our government's job.

I appreciate the compassionate volunteers who work for food banks and try their best to address hunger. I'm glad individuals care enough to give. But I wish even more that people who want to end hunger would lobby government to address the root of hunger, which is inadequate income. Rally to raise welfare rates and make minimum wage something that lifts workers over the poverty line. Make sure that kids have enough to eat at home and feed them at school. Tell government to step up.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f--k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. Depressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with?'" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

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Fabulous fashion will once again take a twirl on the red carpet at tonight's Met Ball

After college, McHale is a standup kind of guy

GETTY IMAGES

COMEDY

Community star Joel McHale takes his snark for a solo spin

Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of Community, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in Community, McHale has been around the comedy scene for years.

He joined The Soup as host in 2004, doling out a pop-culture recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since Community ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get into shape," he said.

Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."

EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of Community, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.

The cast of Community.

TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.

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NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Elizabeth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

A princess called Charlotte — a name that is French in origin — would be a nod to her grandfather, Prince Charles. In royal history, George IV named his only child Charlotte, but she died in childbirth at 21. George III's wife was Queen Charlotte, who was born 1744.

THE ASSOCIATED PRESS

GETTY IMAGES

GUESSING GAME

Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some suggestions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?
scene@metronews.ca

EVA LONGORIA

Spice Girls reunite with a Scary sub-in

Victoria "Posh Spice" Beckham marked husband David Beckham's 40th birthday bash in Morocco with a Twitter photo from Marrakech featuring herself, Geri "Ginger Spice" Halliwell, Emma "Baby Spice" Bunton, Melanie "Sporty Spice" Chisholm and ... Eva Longoria?

The original Scary Spice, Mel B, was apparently unable to make it to the party due to America's Got Talent obligations. NED EHRBAR/METRO

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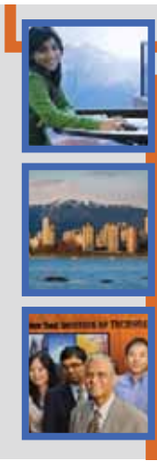

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Mental health talk opening up

While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could be suffering in silence

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

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Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than $6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through having access to those in need."

Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

Keep young minds engaged this summer

Activities planned to inspire fun projects

SHUTTERSTOCK

Summer is approaching — too quickly for some parents and not quickly enough for some students. But regardless of whether your kids are preparing for structured activities, left to their own devices, or entering the workplace with a summer job, there are some opportunities available to British Columbia students looking to keep their learning momentum going throughout the summer months.

While the desire of many students may be to just take the summer to decompress, sleep into the afternoon, and turn their brains off, keeping their minds — and bodies — active and engaged throughout the summer season can help them hit the ground running once school starts up again in the fall.

Like professional hockey players, off-season work and exercise can lead to success in the fall. The B.C. Ministry of Education provides a couple of recommendations for free summer learning opportunities.

This year's Summer Reading Club follows the theme, 'build it.' With information available at bcsrc.ca, the reading club helps encourage students to build a summer full of projects, led by these stories featuring a pair of robots — and their dog — set against a landscape of building and crafting materials.

Alliance Francaise mixes learning French, having fun

With summer vacation fast approaching, many parents are looking to balance educational opportunities with entertainment for their children. Thanks to the Alliance Francaise de Vancouver, parents can ensure their kids get the best of both worlds, while improving their French-language skills.

The best way to learn French is to use it, says Valentin Morin, the education manager at Alliance Francaise de Vancouver. Instead of losing any gains made during the school year, the French summer camps allow students to build upon their school-acquired skills and continue their linguistic development.

And it helps when learning is combined with practical application of the language in a fun environment.

"During the morning, the students go to summer school — complete with textbooks — in a program focused on communication," Morin says. "In the afternoon, they get to enjoy camps — outdoor activities, cultural activities, crafts.

"And it's all 100 per cent in French."

The camps run over an eight-week period, with two-week programs. And there are options for all levels of French speakers with beginner, intermediate, and advance programs available for students aged five through 16. All programs and classes are run by qualified, native French-speaking teachers.

For more details or to register for the program, please visit alliancefrancaise.ca/summer.

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Lindsey Vonn announced on Facebook that she and Tiger Woods have broken up

Whitecaps leave full game behind vs. Timbers

MLS

Despite mild attack, Vancouver still captures a point

Cam Tucker
Metro | Vancouver

Whitecaps goalkeeper David Ousted, right, pulls in a corner kick away from Portland Timbers forward Fanendo Adi on Saturday night in Portland. DON RYAN/THE ASSOCIATED PRESS

The Vancouver Whitecaps had Lady Luck on their side Saturday in Portland, and that was enough to earn a point against a Cascadia Cup rival before another lively Timbers crowd.

Both teams played to a scoreless draw at Providence Park, with the host Timbers failing to capitalize on two glorious first-half chances, including a penalty kick from Darlington Nagbe that had Vancouver goalkeeper David Ousted fooled but rang off the post and out of harm's way.

From there, the Whitecaps put on a determined defensive effort, and escaped Portland with a single point, continuing their road warrior ways through the early part of the Major League Soccer season.

"So defensively, fantastic. Attacking wise we didn't really click tonight which is disappointing because I felt like there were gaps we could exploit," head coach Carl Robinson told reporters.

"We huffed and puffed and the longer the game went on they were getting a little more desperate which opened up space for us but we didn't execute the transitions we're so good at."

The Whitecaps had seven shot attempts, compared to 13 for Portland, but managed only two on target.

The draw gives Vancouver 17 points in the standings, which ties them for first in the Western Conference with FC Dallas. Ethen Sampson got the start at right back in place of Steven Beitashour, who Robinson said was dealing with a strain in his gluteus maximus.

On the road is where the Whitecaps have recorded the majority of their points. They're 3-1-1 away from BC Place, and have conceded only one goal against in those five games.

"We felt the pressure of the other team obviously but we stayed calm," said centre back Kendall Waston.

> **So defensively, fantastic. Attacking wise, we didn't really click.**
> Whitecaps head coach Carl Robinson

IN BRIEF

Grizz get first-hand dose of Warriors' dominance

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

Klay Thompson added 18 points and Draymond Green scored 16 to help the top-seeded Warriors roll to their 21st straight victory at raucous Oracle Arena. They led by nine at the half, 20 late in the third quarter and never let the Grizzlies build any momentum in the fourth. THE ASSOCIATED PRESS

Lightning leave Montreal up 2-0 in series

Tampa Bay struck four times on the power play and star centre Steven Stamkos ended his playoff scoring drought as the Lightning downed the Montreal Canadiens 6-2 in Game 2 of their second-round series on Sunday.

After winning twice at the Bell Centre, the Lightning take a 2-0 lead in the best-of-seven series back home to Amalie Arena for Game 3 on Wednesday and Game 4 on Thursday.

Nikita Kucherov, with two, Valtteri Filppula and Victor Hedman all scored with a man advantage as Tampa Bay got its first power-play goals since Game 2 of the opening round against Detroit. J.T. Brown added an even-strength goal late in the third period.

"We took advantage of our power plays," said Stamkos. "That was nice because we've been struggling." THE CANADIAN PRESS

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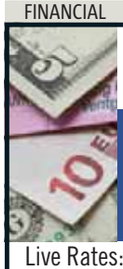

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RECIPE Thai Red Curry Chicken Stir Fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients
- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cup sliced red bell pepper
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

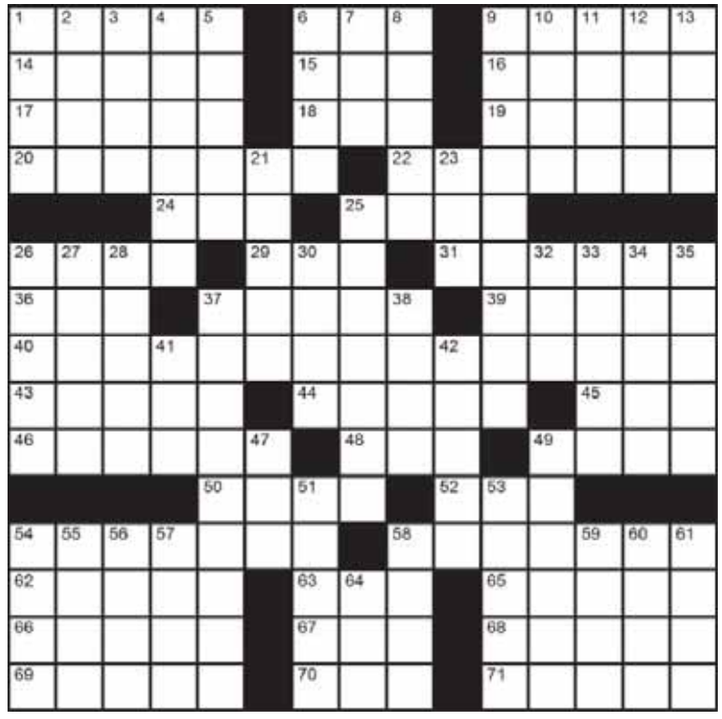
3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving
- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Capture
6. Rainbow shape
9. Essential parts
14. Having a single element
15. Casper's cry!
16. "Bon voyage!"
17. Barber's razor-sharpener
18. Frigid
19. Relating to a forearm bone
20. #9-Down's co-star Gordon
22. Implement for Emily Carr
24. Victoria's Secret purchase
25. "Song __ Blue" by Neil Diamond
26. Out
29. Hound's healer
31. __ clef
36. Uncooked
37. Persian Gulf land
39. Nebraska city
40. Product by Canadian brand Lantic: 2 wds.
43. Bring together
44. Type of headache
45. Ballpark fig.
46. Synchro swimmer of the silver screen Ms. Williams
48. Poet's creation
49. Dull
50. Tandoor-baked creation
52. Boot bit
54. Lord's land on the manor
58. Underwater earthquake result
62. Spew
63. Plunder
65. Penned
66. Art gallery print, briefly
67. First name in music lyrics
68. Matt Lauer's morning show
69. Admit passengers: 2 wds.
70. Make a typo
71. Fishhook line

DOWN
1. Canine tooth part
2. __-inflammatory
3. Mountain lake
4. NHL-er Sidney from Nova Scotia
5. Overly active
6. Slightly: 2 wds.
7. Mythical bird
8. Large rodent of South America that looks like a beaver
9. Calgary-born actor: 2 wds. ...see #49-Down for more!
10. Loafing
11. Salon shade
12. Put in the microwave
13. Positive
21. Pertaining to military ships
23. Carpenter __
25. Toronto's Union __
26. Fight
27. Notifies of danger
28. Expect
30. Airport scr. postings
32. Australian bird
33. Montreal-style __
34. Dog, with Apso
35. Soil
37. Town in southern Ontario near Niagara Falls
38. Divide
41. To the __ degree
42. Vocals-for-two
47. Campaigned
49. Constable __ Fraser (#9-Down's role on "Due South")
51. Cliff nest, variantly
53. Dethrones
54. Big name in computing
55. Famous lake
56. Shania Twain's ex Mr. Lange
57. Canyon sound
58. Ski resort ride
59. __-de-camp
60. Dish
61. Pastoral poem, variantly
64. A famous Bobby

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

Taurus April 21 - May 21
Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

Gemini May 22 - June 21
If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

Cancer June 22 - July 23
The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

Leo July 24 - Aug. 23
Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

Virgo Aug. 24 - Sept. 23
The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

Libra Sept. 24 - Oct. 23
This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

Scorpio Oct. 24 - Nov. 22
A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

Sagittarius Nov. 23 - Dec. 21
It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

Capricorn Dec. 22 - Jan. 20
The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

Aquarius Jan. 21 - Feb. 19
Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

Pisces Feb. 20 - March 20
You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				5				4
8		3	7		4	6		1
	7						6	
6				4				9
	3						8	
4		6	1		8	3		2
1				7				6

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